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Vancouver's Dan Hamhuis
THE CANADIAN PRESS

# NO DEAL

## Canucks fail to pull trigger at trade deadline

metroSPORTS

# Province targets spill response

ENVIRONMENT

## New legislation will also strengthen polluter-pay model, minister says

Matt Kieltyka
Metro | Vancouver

British Columbia has tabled legislation that will considerably beef up the province's ability to get polluters to pay for spills and restoration, Environment Minister Mary Polak said.

Amendments to the Environmental Management Act, which still require approval, were introduced Monday with a focus on adding teeth and expanding the scope of the province's polluter-pay model.

Once approved and implemented Polak said the province will have a "world-leading" provincial spills regime and meet one of B.C.'s five conditions for approving heavy oil pipeline projects.

The amendments also create new administrative offences and penalties, establish new requirements for spill preparedness and response, and enables for the certification of industry-funded response organizations to respond to spills within B.C.'s jurisdiction.

The federal government is still responsible for regulating spills off the province's coast and a similar industry-funded response organization already exists for oceans in the form of the Western Canada Marine Response Corporation.

The changes intend to close many of the gaps in spill response that the province's own staff have expressed concern about.

In 2014, Graham Knox, the director of B.C.'s Environmental Emergency Program, wrote to government that, "We could point to hundreds of spills on annual basis where gaps occurred or improvements are needed (sic)."

The emails, obtained by the Opposition NDP and first reported by Metro, identified examples where spills were under-reported, where staff didn't have training to properly clean up spills and expressed frustration that, when push comes to shove, polluters "could ultimately walk away" from restoration efforts because of the lack of clear rules and guidelines. Polak said the amendments, if approved, would begin taking affect in early 2017.

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What you need to know about Super Tuesday. **World**

# Don't depend on inheritance for big home deposit: Adviser

MONEY

## Survey shows not as much cash in legacies

**Matt Kieltyka**
Metro | Vancouver

Young people who are banking on a big inheritance to help enter Vancouver's hot housing market could be in for disappointment, according to a Vancity investment adviser.

The credit union released the results of its latest survey, conducted by polling company Insights West. It finds millennials and their parents have a difference of expectations when it comes to inheritance.

According to the survey, released Monday, 78 per cent of British Columbia's millennials anticipate a legacy from their parents and 39 per cent of those living in Metro Vancouver expect to receive an inheritance of $300,000 or more.

On the flip side, just 12 per cent of Metro Vancouver parents expect to leave behind more than $300,000 for their children, while 60 per cent of parents province-wide expect to leave an inheritance smaller than $100,000.

Statistics Canada says the average inheritance in B.C. in 2012 was $137,8000 and the median inheritance just $50,200.

That means young adults counting on a large inheritance from their parents to put down a hefty deposit should probably rein in their expectations, according to Vancity investment adviser Fred Chalut.

Chalut said more seniors are staying in the workforce longer to save for retirement, and an increasing number remain in debt even after retirement.

"There is not enough money going around right now. A lot of children are going to be disappointed and shocked," he said. "If you're banking on (a large inheritance), it could put you behind the eight ball financially."

As awkward is it may be, Chalut encourages families to have "the talk" when it comes to finances. "Open and honest conversation is always a good way to go," he said.

Millennials have plenty of time to save for a comfortable retirement as long as they start planning early.

And if they do one day get a big inheritance from the "Bank of Mom and Dad," Chalut said it should be treated as a solid bonus.

> **There is not enough money going around.**
> Fred Chalut of Vancity

A survey shows 39 per cent of Metro Vancouver millennials expect an inheritance of more than $300,000. THANDI FLETCHER/METRO FILE

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# Dam protesters dealt blow

ENERGY

## B.C. court rules campers can be removed from Site C

Opponents of a hydroelectric dam in northeastern B.C. have suffered another setback following a court decision granting a request from BC Hydro to remove protesters camped out illegally near the megaproject's construction site.

Justice G. Bruce Butler of the B.C. Supreme Court ruled Monday that it would be "contrary to the public interest" to allow demonstrators to continue trying to shut down work on the Site C dam. The project has already received regulatory approval from both the provincial and federal governments, and has survived several grassroots legal challenges.

"Protesters have no right to prevent (BC Hydro) from proceeding with the project," Butler said in reading his judgment.

"The rule of law requires that when the processes have been followed and been completed, as they have in this case, those who have been granted the rights must be permitted to proceed."

An artist's rendering of the proposed Site C in northeastern B.C. COURTESY B.C. HYDRO

The Crown corporation applied last month for an injunction to remove members of the Peace Valley Landowners Association and Treaty 8 First Nations who had formed a protest camp in November 2015 on the south bank of the Peace River near Fort St. John.

The $8.8-billion infrastructure project will flood agricultural land and First Nations archeological sites, and destroy fishing and hunting areas.

Butler said he accepted hearsay evidence from BC Hydro of protesters efforts to block crews from undertaking clearing work by approaching machinery and building campfires near tree-felling and excavation operations.

In his ruling, he referenced Facebook postings from a woman who described using a helicopter to fly in supplies and even a cabin to the protest site.

> **Protesters have no right to prevent (BC Hydro) from proceeding with the project.**
> Justice G. Bruce Butler

BC Hydro spokesman David Conway said in a statement the Crown utility hoped demonstrators would respect the court decision and leave so that work could proceed safely.

"We are facing scheduling limitations in the area being blocked by the protesters and we need to get on with this work soon."

In his reasoning, the judge also referenced the $700 million already invested in Site C and $2.4 billion in signed contracts, in addition to the cost of a possible one-year delay in construction, estimated at more than $400 million.

THE CANADIAN PRESS

### CRIME

**16-year-old arrested after woman assaulted at Vancouver nightclub**

A 16-year-old boy has been arrested in connection with the assault of a young woman at a downtown Vancouver nightclub on Sunday night, police say.

Sgt. Randy Fincham, spokesman for Vancouver police, said officers were called to Encore Dance Club on Granville Street shortly after 11 p.m. following a report of an assault.

When police arrived, they found a woman who had been assaulted, he said.

Fincham said the victim was taken to hospital in stable condition.

A 16-year-old boy was taken into police custody inside the club, he said.

Police are continuing to investigate.

The age of the victim and the extent of her injuries have not been released.

THANDI FLETCHER/METRO

MORE LOCAL NEWS ONLINE

STUDY

# LNG could bring billions in taxes: Board

A new study says Canada would get a big economic boost from a liquefied natural gas industry, especially British Columbia, including tens of thousands of jobs and billions of dollars in economic activity.

The Conference Board of Canada's report was issued Monday as the future of Canada's LNG industry is complicated by low global energy prices that have delayed at least two B.C. projects.

The board found that if the industry produces 30 million tonnes per year of LNG, Canada's economy would grow by $7.4 billion a year over 30 years.

The report, titled "A Changing Tide," says the main beneficiary would be British Columbia, which would see 46,800 jobs created and $5.3 billion a year of economic growth over that 30-year period.

Premier Christy Clark has long been a proponent of LNG, saying the industry would bring 100,000 new jobs and more than $100 billion in revenue over 30 years.

The picture painted by the Conference Board of Canada is not quite as rosy, but still projects that LNG would add $3 billion and $3.2 billion in revenues to the provincial and federal coffers respectively between 2016 and 2045.

The study, which received funding from Progress Energy Canada Ltd., predicts the industry would be a big employer, too, providing 65,000 ongoing jobs in several sectors, including the trades, business and finance.

But the report also warns that investment is needed in education and training. It says the industry and government need to connect aboriginal people with job opportunities.

The study, which is based on a model of three hypothetical projects, comes out days after the AltaGas-led group behind the Douglas Channel LNG project stopped development, citing low prices and an oversupplied market.

THE CANADIAN PRESS

A two-year-old Métis girl at the heart of a court fight between her foster parents and the B.C. government walks with her foster father in Victoria. THE CANADIAN PRESS

# Couple wants court order

CHILD WELFARE

## Foster parents say it's clear the ministry 'is mad at us'

A couple say they believe social workers in the British Columbia Children's Ministry are carrying out a "personal vendetta" against them for fighting to keep a Metis toddler they've raised as foster parents since birth.

The couple, who cannot be named, were in the B.C. Court of Appeal on Monday asking a judge to temporarily block the ministry from moving the two-and-a-half-year-old girl to Ontario to live with older siblings she has never met.

"They have absolutely zero respect for the child's needs. They're mad at us and they've made it clear," the foster mother said outside court.

The case has raised cultural issues. The child's foster mother is Metis, while the caregivers in Ontario are not.

To comply with the ministry's instructions, the girl's foster parents started bringing her to a transition house over the past week.

The foster father said they haven't been given a firm deadline for when the child will be removed from their care on Vancouver Island.

The judge reserved a decision in the case.

Last week, a B.C. Supreme Court judge dismissed the couple's petition to stop the move, finding it was an abuse of process because a similar petition filed by the foster parents had already been dismissed.

The couple has filed an appeal of that decision but it may not be heard for some time, which is why they're asking for the interim order. THE CANADIAN PRESS

## IN BRIEF

**Coroner investigating death of Stanley Cup rioter**

The B.C. Coroners Service says it is investigating the case of William Ryan Fisher, 30, a man who died in hospital Thursday, less than a week after he was sentenced for crimes he committed during the 2011 Stanley Cup riot. THANDI FLETCHER/METRO WITH FILES FROM THE CANADIAN PRESS

**Shots fired at residence**

Police are investigating after shots were fired at an Abbotsford home early Sunday. Around 5:45 a.m., police said they received reports of shots fired in the 31000-block of Deertrail Avenue. When officers arrived at the scene, they found a home that had been struck by bullets, police said.

Although there were people inside the home, no one was injured during the shooting, police said. THANDI FLETCHER/METRO


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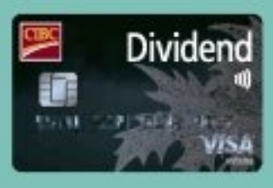


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1- "White Mulberry Supplementation as Adjuvant Treatment of Obesity", Journal of Biological Regulators and Homeostatic Agents., Vol 28, no.1, 2014.

**Taylor, a Wheaten terrier** that was seized from an alleged puppy mill near Langley, is one of the dogs now available for adoption at the Vancouver SPCA. BCSPCA.BC.CA

# Rescued dogs now up for adoption

BC SPCA

## Canines were seized from a puppy mill near Langley

**Thandi Fletcher**
Metro | Vancouver

More than a third of the 66 dogs seized from an alleged puppy mill near Langley are now up for grabs at the BC SPCA.

The BC SPCA says the first 23 of the dogs that were removed from the alleged puppy mill on Feb. 4 have been medically cleared and will be available for adoption this week. But the organization is warning potential adopters that the animals may have behavioural and psychological problems.

"Some issues commonly faced by dogs raised in puppy mills include fearfulness due to lack of socialization, compulsive behaviours and sensitivity to touch," Lorie Chortyk, spokeswoman for the BC SPCA, said in a news release. "With the proper care these dogs have a wonderful future, but we want to make sure that people understand the commitment they are taking on."

The dogs that were seized were treated by veterinarians for a range of injuries including broken limbs, missing eyes or ears, malnourishment, infections, abscesses, and psychological issues.

Those that have been cleared for adoption include eight adult Wheaten terriers, three adult Old English sheepdogs, three adult Portuguese water dogs, one adult Bernese mountain dog, one adult standard poodle, five 11-week-old standard poodle puppies and two five-month-old Portuguese water dog puppies. Due to overwhelming interest in the dogs, the BC SPCA is holding three information sessions on Wednesday for anyone interested in submitting an adoption application.

Attendance is mandatory at one of the sessions for anyone interested in adopting one of the dogs, said Chortyk.

While the dogs will not be at the sessions, Chortyk said, staff will be on hand to discuss each of the available pooches with potential adopters. The goal is to match the needs of each dog with an individual or family who has the time, skills and patience to help the animals reach their full potential, she said.

"The dogs have been through so much and we just want the adoption process to be a success for both the animals and for the wonderful people opening their hearts and homes to them," she said.

**TO NOTE**

The information sessions are taking place 4:30 p.m., 6 p.m. and 7:30 p.m. in Room 1228B at Vancouver Community College, 1155 East Broadway. Pre-registration is required at spca.bc.ca/infosession.


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# Defund seal hunt: Anderson

ANIMAL RIGHTS

## Actress says money better spent on other businesses

Pamela Anderson is hoping Prime Minister Justin Trudeau will hear her out on behalf of seals. In a letter to Trudeau, the Canadian-born actress asks him to meet her to discuss phasing out or ending federal subsidies for the East Coast commercial seal hunt.

Anderson writes in the letter obtained that Ottawa has poured millions of taxpayers' dollars into propping up the fading industry.

The honorary director of the PETA animal-rights group says the money could be better spent promoting businesses with a brighter future that would help the world see Canada as a sophisticated, enlightened country.

The former star of the TV series Baywatch is among several prominent figures including U.S. President Barack Obama and music legend Paul McCartney who have spoken out against the hunt.

With limited market options, the commercial hunt in Canada has shrunk in recent years. Hunters landed 38,000 harp seals last year, compared with 55,000 in 2014 and 91,000 in 2013.

"What do I have in common with Barack Obama,
Vladimir Putin and The Dalai Lama?
We all oppose the massacre of baby seals.
It's time to end Canada's shameful slaughter."
PAMELAANDERSON
FOR PETA

**Pamela Anderson**, seen here outside Toronto's Queen's Park in 2009 to launch a new ad campaign with PETA against Canada's commercial seal hunt, is urging Prime Minister Justin Trudeau to end federal subsidies for the hunt. TORSTAR NEWS SERVICE

The former Conservative government defended the hunt as beneficial for local economies, humane and well-regulated. In recent years, the federal government has invested in programs to promote seal meat in domestic and foreign markets.

Anderson wrote in her letter to Trudeau on Monday that she admires his progressive views on LGBTQ rights, his compassionate stance on the Syrian refugee crisis and his decision to name a gender-balanced cabinet.

"There's another issue that has sullied Canada at home and abroad for years, which I hope you'll address: wasteful government bailouts of the nearly extinct East Coast commercial seal trade," she wrote. "I urge you to usher in a new era of fiscal responsibility and kindness by ending federal subsidies of the commercial seal slaughter."

THE CANADIAN PRESS

## IN BRIEF

**Review of Canada-EU trade deal completed**

The federal government says the legal review of Canada's free trade deal with the European Union has been completed — and the door is open for the pact to come into force next year. An agreement in principle was reached on the comprehensive deal, known as CETA, in October 2013. Negotiations between Canada and the 28-member EU began in 2009.

The agreement was negotiated under the former Conservative government, but International Trade Minister Chrystia Freeland said Monday that the Liberals supported CETA while in opposition. THE CANADIAN PRESS

**New York State launches $500K ad campaign to lure Canadian tourists**

The state of New York is launching a cross-border advertising campaign aimed at attracting Canadians to upstate New York's winter destinations.

Gov. Andrew Cuomo has announced that an additional $500,000 will be spent for tourism promotion, including newspaper and radio advertisements in French and English in eastern Canada, as well as ad campaigns across upstate New York. THE ASSOCIATED PRESS

IMMIGRATION

# Arrival of 25,000 refugees a 'significant milestone': McCallum

Immigration, Refugees, and Citizenship Minister John McCallum says Canada has reached a "significant milestone" with the arrival of 25,000 Syrian refugees.

McCallum told a news conference at Toronto's Pearson airport Monday that the work continues to integrate Syrians into the community. McCallum was at the airport as the last two government-arranged refugee flights were arriving as part of the Liberals' $678-million settlement plan.

The refugee resettlement program was launched in November, after the Liberals came to power and promised to bring in 25,000 government-sponsored refugees by the end of February.

But the 25,000 Syrians that have already arrived in the country are a mix of more than 14,300 refugees assisted by the government and 8,500 sponsored privately.

An estimated 4.7 million Syrians have registered as refugees since the outbreak of the Syrian civil war in 2011, but the UN refugee agency is not seeking permanent new homes for that many.

Syrian refugees have gone to communities where there are settlement supports in place, with consideration given to whether they have family members in Canada, as well as the availability of schools, and housing, McCallum said.

THE CANADIAN PRESS

**8,500**

The number of refugees among the 25,000 that were sponsored privately.

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CALAIS

# Police clash with migrants in France

Makeshift huts went up in flames on Monday in an angry backlash as workers, guarded by scores of French police, began pulling down tents and shelters in the sprawling migrant camp in Calais.

Police lobbed tear gas in a brief clash with pro-migrant activists and others throwing projectiles at officers forming a security cordon to protect the tear-down.

There were no reports of injuries. At least three pro-migrant activists were arrested, authorities said.

As tension mounted, the fragile structures in part of the camp came down and heavy equipment was moved in to scoop up the rubble and junk left behind by weary migrants dreaming of a new life in Britain.

Three makeshift homes went up in flames, the fires set either by upset migrants or pro-migrant activists, according to Gilles Debove, who acts as a police spokesman. A second larger fire, apparently spread by wind, destroyed a mass of shelters.

About 4,000 people are estimated to live in the camp. The dismantling of the dense southern portion of the current camp would be the largest such operation the city has known.

THE CANADIAN PRESS

Clashes at Calais migrant camp. THE ASSOCIATED PRESS

# 4 THINGS TO KNOW ABOUT SUPER TUESDAY

Americans in 11 states vote today, the biggest day on the presidential primary calendar, with 1,460 delegates at stake.

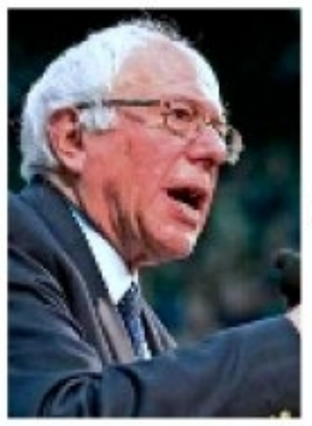
TORSTAR NEWS SERVICE/THE ASSOCIATED PRESS

## 1 Can Ted Cruz win the South?

If the Texas senator loses to Donald Trump in his home state, his candidacy is either finished or doomed. And, even if he wins, he needs at least a few other triumphs in the south to have a real path to the nomination. But with 155 Republican delegates up for grabs, Texas is truly the biggest prize.

## 2 How broad is Trump's appeal?

Donald Trump is leading in the south, the north, the Midwest, everywhere. He currently has 82 Republican delegates. Cruz has 17, and Marco Rubio has 16. If he manages a Super Tuesday sweep, or wins every state but Texas, we can start calling him the presumptive nominee.



## 3 Can Sanders win outside Vermont?

He has his home state locked down, but he doesn't have a lead anywhere else. Without victories in some other places, such as Colorado, Minnesota or Massachusetts, which borders Vermont, his path to success will be just about closed. Bernie Sanders will be hard-pressed to win any of the southern states which are home to large numbers of black Democrats, such as Georgia and Alabama.

## 4 How big is Clinton's margin in Texas?

Texas will determine 222 Democratic delegates, more than twice as many as any other Tuesday state. Hillary Clinton managed a key win there during her failed 2008 campaign against Barack Obama. After her decisive win in South Carolina, she has 91 delegates, while Sanders has 65. A huge win for Clinton this time would be big trouble for Sanders.

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WIND

GRAPHIC BY METRO

# Women pay more for goods: Study

MARKETING

## Companies exploiting stereotypes, says professor

Should a pink razor or a purple pen cost more than a blue razor or black pen?

Known as the "pink tax" or gender-based pricing, it means women end up paying more for goods and services than men — from deodorant to cologne to haircuts to dry cleaning.

Companies are exploiting stereotypes we have in society, said Sarah Kaplan, a professor of strategic management at the Rotman School of Management. "People don't want their gender stereotypes exploited for profit," she said. "But I also think it's so embedded that change is going to really require businesses to rethink themselves."

A study by New York City's department of consumer affairs examined the prices of 800 products, with clear male and female versions. It found, on average, products for women cost seven per cent more than similar products for men. Across the entire sample, women's products were priced higher 42 per cent of the time.

Kaplan said companies are getting trickier about disguising differences, so direct comparisons are harder to make. For example, women's and men's deodorant might be priced the same, but the women's size is smaller.

She added it is difficult for governments to legislate equality, because manufacturers will make small feature changes and argue they are not the same product.

Torstar News Service visited a number of retailers to looked for items priced differently.

At Canadian Tire, children's gardening gloves with the Teenage Mutant Ninja Turtles logo sold for $6.99 compared with purple gloves with the sisters from Frozen at $7.99.

"We don't price our products based on gender," said Stephanie Nadalin, a Canadian Tire spokeswoman, in an email. "The cost differential … can be attributed to the different licensing fees."

At Shoppers Drug Mart, a two-pack of Bic For Her ball pens sold for $5.49, compared to a two-pack Bic Velocity ball pens for $2.99. Jill Johnson, a Bic spokeswoman in Connecticut, noted in an email that the two products have different features. She said the Bic for Her pens have "unique jewelled accents, embossed metal nose cones and clips, and barrel designs," while the Velocity pens do not have those features.

TORSTAR NEWS SERVICE

> "Change is going to really require businesses to rethink themselves.
> Sarah Kaplan, Rotman School of Management

# 'Footlong' class action settled

Subway customers can finally rest assured that their "Footlong" sandwiches will be as long as promised.

A U.S. judge last week granted final approval to a settlement of a class-action suit filed against Subway after an Australian teenager in 2013 posted an image of his sandwich on Facebook that was only 11 inches. The image garnered international media attention, with The New York Post writing that it found four out of seven Footlongs "measured only 11 or 11.5 inches."

As part of the settlement, Subway agreed to institute practices for at least four years to ensure its bread is at least 12 inches long. The judge approved $520,000 US in attorney fees and $500 US for each of the 10 individuals who were representatives of the class, but no monetary claims were awarded to potential members of the class.

THE ASSOCIATED PRESS

**In 2013, an Australian teenager posted this image of his sandwich on Facebook that was only 11 inches.** Subway has now agreed to take steps to ensure its bread is at least 12 inches long, including requiring franchisees to "use a tool for measuring bread."

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metro VIEWS
Your essential daily news
Tuesday, March 1, 2016

## EMMA TEITEL: YOU DON'T ALWAYS HAVE TO 'ASK HER MORE'

# The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

At the Academy Awards on Sunday night, host Chris Rock was full of jokes about white Hollywood liberals, happy to donate money to progressive causes and shake hands with President Barack Obama, but unwilling to hire black actors or tell black stories (unless, it appears, those stories involve slavery, or a down-and-out African-American little league team that finds its stride under the guidance of a charismatic white coach from out of town).

But it wasn't the comic's racially charged barbs that shocked and appalled many of the perpetually slighted online: It was a joke, instead, at the expense of a popular feminist cause.

Rock made fun of Ask Her More, a celebrity-studded social media campaign (supporters include Reese Witherspoon and Shonda Rhimes) demanding that reporters on the red carpet ask female entertainers questions more intellectually rigorous than "Who are you wearing?"

Women, the story goes, are asked about their fashion choices and cosmetic prep, whereas men are asked solely about their work. Rock's apt and hilarious analysis of this supposedly sexist double standard went like this:

"They ask the men more because the men are wearing the same outfits. Every guy is wearing the exact same thing. If George Clooney showed up with a lime green tux and a swan coming out of his a–, someone would go, 'Hey, what you wearing, George?'"

Indeed they would. And yet, Ask Her More advocates shot back at Rock that he had missed the point: Nobody was suggesting a moratorium on fashion-related questions. They would simply like reporters to delve deeper when they interview women on the red carpet.

**ASK HIM LESS** Chris Rock is right to point out that if George Clooney wore lime green to the Academy Awards, he'd be asked about his wardrobe, too — so let's all agree to let the Oscars be superficial, Emma Teitel writes. GETTY IMAGES

But the question in my mind, one Rock did put forward, is this: Why, regardless of gender, are reporters delving deep on the red carpet at all? I'd like to propose an alternative antidote to red carpet sexism — a model of equal opportunity shallowness.

Rather than "Ask Her More," entertainment broadcasters should just "Ask Him Less."

The red carpet is not a political summit. It is a shallow spectacle whose sole purpose is fashion analysis by common people on the couch at home, who once a year are afforded the opportunity to quite literally sit in judgment of the stars they worship.

And there are few things less interesting than sanctimonious actors droning on about the complexity of their characters or the ins and outs of their "process."

Worse still is the recent obsession with pet social causes and intellectual posturing.

Call me shallow, but I would much rather learn what a celebrity is wearing or (in Jared Leto's case) how long he spent at the salon, than listen to him regurgitate the New York Times editorial he read that morning on GMOs or drone strikes.

This doesn't mean the Oscars should be politics-free. Quite the contrary: Rock's political commentary on race was both essential and excellent. But efforts to make the red carpet ceremony itself an event of legitimate substance is ridiculous and, frankly, no fun.

There is a time and a place for pure unadulterated frivolity, and if stars want to wax poetic about their professional and political achievements rather than take their fingers for a walk through the "Manicam" (sorely missed this year), they can start a newsletter like Lena Dunham.

Taking a stand against fashion criticism is fruitless, even where such a stand makes sense.

In politics, for example, we may know it's unjust to single out women for their sartorial choices, but to Rock's point, it's extremely hard not to.

Women tend to wear interesting pieces and bright colours and men, for the most part, don't.

You may be the most enlightened progressive on Earth, but there is no PC tonic powerful enough to prevent you from reacting to Sarah Palin's infamous sequin-fringe bolero jacket — the jacket she wore on stage to endorse Donald Trump and the only thing in history that is actually louder than him.

Maybe where politics are concerned, the path to an egalitarian landscape in which women aren't criticized unduly for their fashion, is possible through the adoption of a standardized uniform.

For example, a more breathable version of the stretch-fabric jumpsuits worn by members of the U.S.S. Enterprise on Star Trek: The Next Generation would be highly comfortable and flattering on leaders of all shapes and sizes.

Just imagine Bernie Sanders battling it out at the podium with Hillary Clinton, both of them rocking the black and red spandex of Captain Jean-Luc Picard. That's what I call fashion-forward.

As for the red carpet, all's fair in love and wardrobe malfunctions.

**An alternative antidote to red-carpet sexism: equal-opportunity shallowness.**

**Emma Teitel** is a national columnist for the Toronto Star.

## ROSEMARY WESTWOOD

metro*view*

# Our instinct is to look away from stories like Spotlight. Don't.

One well-trodden story, about good people whose inaction clears a path for evil, won an Oscar on Sunday night.

Spotlight, the tale of how Boston Globe reporters broke a Catholic-priest sexual-abuse scandal, took home the best picture award, highlighting the need for such costly reportage just as media companies cut jobs.

The film charts the journalists' triumphs, but also underscores how many people looked the other way for so long. Priests, cardinals, the Vatican; members of Boston's Catholic community, lawyers, judges; even Globe journalists, who had been sitting on stories of priest abuse for years without much follow-up.

It's particularly ironic, then, that when I went to see Spotlight, it was by accident. I was even dreading it. We wanted light fun, but we arrived too late. As a Catholic, I shrunk from yet another story of horrific abuse and the institution that, in effect, condoned it.

Perhaps you know this feeling: of not wanting to be a witness, to instead avoid the most disturbing realities.

The urge came back on Sunday, when my Facebook feed lit up with one acquaintance's revelation — via an article on Medium.com — that he was sexually abused at only 10 and 11 years old, by a neighbourhood man.

The drive to wilful ignorance is a mark of selfishness, perhaps even nihilism — as if there was no role for me in another person's suffering. I did not click. I ignored an act of bravery. I let the link pass by. Until yesterday.

"After everything, it's still hard to say it. But every time I do, it feels a little lighter," writes Brian Kennedy. "I was sexually abused." Kennedy's pain has moved him to advocate for an end to silences. Around sex, especially when it comes to educating children. Around the emotional health of young boys, for whom macho ideals remain powerful.

As Michael Sugar accepted the Oscar, the Spotlight producer called for a chorus amplifying the voices of survivors, "a choir that will resonate all the way to the Vatican."

That only works if we see the movie. If we read the disturbing accounts of abuse. If we speak our dismay, our outrage, our solidarity with survivors. "The story of Spotlight has really just begun," Sugar told reporters backstage.

Amid this attention, it's worth remembering how many stories of suffering languish in the dark, because no one is looking for them, or someone is too afraid to speak out, or many others choose avoidance over action.

I understand why we would not want to look. But that choice is indefensible.

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metro LIFE
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Vatican media praises Spotlight as giving voice to victims

# BODYWEIGHT GET FIT THE MACHINE-FREE WAY

Your body may be all the gym you need. That's the theory behind bodyweight exercise, the fitness trend that will have you pushing, pulling and crawling around your living room floor. Bodyweight movements are a simple yet challenging form of unrestricted exercise. Here are some of the basics, plus a few more challenging movements **TORSTAR NEWS SERVICE**

## 1 Pull-ups

**What it works:** Back, biceps
**What to do:** With an overhand grip on the bar above you, pull yourself up with your arms until your chin clears the bar.
**Why it's effective:** This one is simple enough — get your head above that bar up there — but it can be a real burner depending on your body size.
**What you'll need:** A door frame with a pull-up bar.

## 2 Wall Walk

**What it works:** Chest, shoulders, core
**What to do:** Start in push-up position with feet against the wall, walk yourself up the wall backward into a handstand position with your feet on the wall.
**Why it's effective:** Bodyweight movements that mimic lifting weight above your head are less common.
**What you'll need:** A wall you don't mind scuffing up a bit.

## 3 Spider-Man Walk

**What it works:** Upper body, coordination
**What to do:** In a push-up position, move your left hand forward and bring your right knee to your right elbow, moving forward along the floor like Spider-Man himself.
**Why it's effective:** This is a fun, challenging push-up variation that might have you laughing at your lack of coordination skills.
**What you'll need:** Just a floor path to crawl like Spidey.

## 4 Hollow Rock

**What it works:** Core.
**What to do:** Lie on your back and use your abs to make yourself into a "bowl" shape. Hold this position or rock your body side to side or forward and back, keeping your body tight.
**Why it's effective:** This uses your abs in the way they're meant to be used, to stabilize your torso. The traditional sit-up uses your abs in a way they're not meant to be used, causing your spine to flex repeatedly.
**What you'll need:** A comfortable floor mat.

## 5 Scissor Lunge

**What it works:** Lower body: thighs, quads, hamstrings, glutes
**What to do:** Jump up from a lunge position, switching legs before landing softly in the opposite lunge position.
**Why it's effective:** You know how to squat, but the lunge is superior in that it works one leg at a time, which amps up the intensity.
**What you'll need:** Nothing but floor space.

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# Skip crunches: Eat your way to fab abs

FITNESS

## Celeb trainer shares his six-pack wisdom in a new book

Mark Langowski's menu for a sexy six-pack includes potatoes, chickpeas and lentils, plus planks twice a week. CONTRIBUTED

You've heard the refrain, "abs are made in the kitchen."

Unfortunately for our taste buds, celebrity trainer Mark Langowski reaffirms that claim with his new book Eat This, Not That! for Abs (Penguin Random House, $22.99).

Eat this, he says: your own homemade vegetable juice. Not that: health food store juice.

Eat this: lentils, chickpeas or potatoes. Not that: delicious bread roll.

Langowski can't reveal much about his star-studded client list, but he recently helped knock four inches off Good Morning America host Ginger Zee's new-mom belly for an upcoming gig. If they make it look easy, training for the limelight isn't without its challenges.

"They know they've got someone breathing down their neck," says Langowski, and he doesn't mean him. "If they don't look their best, if they're not fit, if they're not healthy — they can be replaced."

**You incorporate a "work out anywhere" idea into your training. What are your favourite spots to work out?**
Number one is my living room. It's always kind of calling my name.

When people watch videos of me doing exercises in the living room, they can relate. A lot of people don't have money for expensive gyms, or if I'm doing a fancy workout on some fancy yacht in the middle of the Caribbean.

We do mostly body weight exercises. You utilize so many more muscles in your body when you use your body as the primary source of resistance.

**What are the most underused body weight exercises?**
The plank. The number one is the plank. I see so many people doing sit- ups and all these crunches trying to get six-pack abs. The front plank, the side plank. I don't see enough of it when I go into a gym.

**Why is the plank the best?**
You're engaging more than just your abdominal muscles. You're using your shoulders, your legs, your back, your abs, your obliques — everything.

**What's the number one myth about ab workouts?**
A lot people think that the abs are some mythical muscle that can be trained every single day or twice a day and that that's the fastest way you're going to get abs — and they're wrong. When the muscles recover, that's when they're actually getting stronger and rebuilding.

People think I'm doing sit-ups and planks and crunches all day long. The reality is I train them twice a week and that's it. Honestly, it's 85 per cent diet.

Someone needs to have a good diet if they want to see their abs. All the ab exercises in the world, no matter how good they are, you're never going to see them unless you have a good diet.

**People are often fascinated by how quickly celebrities can transform their bodies. How do they do that so quickly?**
First of all, it's their job. They don't go to a typical nine-to-five job like you and I do. It means they schedule that trainer to basically live with them, and if not live with them, see them morning, noon and night. They bring in a private chef to control all the meals.

When you have the top health professionals in the world monitoring all those elements, you are guaranteed results.

**When celebrities come to you, what area of their body is the number one concern?**
For the men, a lot of it is abdominals. They want to see their abdominals. They also want broad shoulders; they want a big chest and big arms. For the females, they want a toned stomach, they don't want a rippling six pack, but they want a toned flat stomach and they want nice toned legs and a nice lifted, toned butt.

**So when you see those celebrity mothers transform their bodies faster than the average mom, it's because it's their job, not because they're special?**
To be honest, their careers depend on it. Each year, they don't get any younger. They're on TV and they've got another crop of girls that are just as smart, that are newer, hotter, skinnier. This is television, you know, it's a shallow industry.

TORSTAR NEWS SERVICE

RICK MERCER REPORT
ALL NEW
Rick and Jann Arden drum up some fun when they march with the Calgary Stetson Show Band.
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RICK RETURNS
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# Curl like a cat with a move for your abs

YOGA

## Strengthen your middle while getting a stretch, too

YuMee Chung
Torstar News Service

If your abdominal muscles are feeling as weak as a kitten, I've got just the exercise for you. It's called the "Cat Curl" and it's a fun alternative to your plain-vanilla abdominal crunch. You'll get many of the benefits of a crunch served up with a built-in counter-pose that stretches out your six-pack muscles so they grow strong, long and supple.

YuMee Chung demonstrates Cat Curl. For this pose, arch your back skyward like a Halloween cat. TORSTAR NEWS SERVICE

### The Cat Curl

1. Set-up on all fours in a table-top position with your hands directly under your shoulders and knees under hips. Spread fingers comfortably wide and point toes so toenails meet the ground.

2. Take a moment to inhale deeply with the spine in a neutral position and eyes looking forward and down on a 45-degree angle.

3. Now, exhale your way into cat pose by pointing the top of your head and tailbone down towards the ground while strongly arching the back skyward like a Halloween cat. Gaze back at your thighs and press your bottom-most ribs towards the top of your pelvis to further engage your front-core musculature.

4. Challenge yourself to maintain the shape of cat pose while pushing the ground away with your hands and lifting your knees just one centimetre off the ground — the lower the better. Hold here for five determined breaths.

5. Finish by lowering the knees and using an in-breath to hammock your belly towards the ground while pulling your chin, chest and sitting bones towards the sky. Enjoy the belly stretch.

Use the cat to chase crow and crane. Cat Curls give you many of the benefits of crunches without any of the potential neck strain that can come with inadvertently yanking up on the head with the hands. Cat Curls also improve one's ability to weight-bear on the wrists, they stretch the tops of the feet and ankles and also train the shoulder blades to sit snugly against the back by strengthening an important shoulder-core muscle called serratus anterior.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

**JOHANNA SCHNELLER**
**WHAT I'M WATCHING**

# The wakeup call Hollywood needs

**THE SHOW: The Academy Awards (CTV/ABC)**
**THE MOMENT: The Compton Cinema**

**Chris Rock interviews moviegoers in Compton, asking if they've heard of any of the Oscar nominated films.** THE ASSOCIATED PRESS

Oscar host Chris Rock has taken a camera crew to a theatre in Compton. He's asking moviegoers if they've seen the nominated films. "Spotlight? Room? How about The Bridge of Spies?" he asks one woman, who keeps shaking her head no.

"You're making these movies up," she says, giggling.

"No, they're real," Rock says.

"In London?" the woman asks.

And bam, all the white folks in Hollywood saw it: If you don't care about an audience, they don't care about you.

Perhaps sensing this, the Hollywood establishment stayed away from Sunday night's show. Presenters did not include Meryl Streep, Warren Beatty, George Clooney, Ben Affleck, or Julia Roberts. Nor did we see Denzel Washington, Viola Davis, Jennifer Lopez, Rosario Dawson, Don Cheadle, Chiwetel Ejiofor or Eva Mendes. It might not have been an official boycott, but it felt like an evasion.

Instead, we got lots of presenters of colour — mainly from television, which is also Hollywood, but far more diverse: Priyanka Chopra, Abraham Attah, Dev Patel, Sophia Vergara, Kerry Washington.

Rock kept the pressure on all evening, with a montage in which actors of colour popped up in the nominated films. ("I'm the Danish Girl!" Tracy Morgan trilled hilariously, holding a danish.)

Rock's stealthiest, most subversive move, however, was this: He sent into the audience a multi-racial group of Girl Scouts. I'm not sure everyone got his message — there is nothing more American than a Girl Scout. This is what America looks like. But I bet the folks in Compton did.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

# Oscar winner eyes change in Pakistan

**ACADEMY AWARDS**

## Dual citizen filmmaker brings honour killings to light

**On Sunday, Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy won an Oscar for her short documentary on honour killings.** THE ASSOCIATED PRESS

Pakistani-Canadian filmmaker Sharmeen Obaid-Chinoy is revelling in her Oscar win, but it's the prospect of real change in Pakistan that has her beaming.

The 37-year-old claimed an Academy Award on Sunday for her short documentary on honour killings in Pakistan, A Girl in the River: The Price of Forgiveness.

The film examines the case of an 18-year-old girl who survived a brutal attack by her father and uncle who disapproved of her husband. Obaid-Chinoy says she's heartened by reports that two people in Pakistan were sentenced Monday morning for an honour killing, an indication there might be a crackdown on the brutal tradition.

"For me, the biggest win is the fact that the issue I'm trying to highlight has gotten such a tremendous response, and it will continue to," Obaid-Chinoy said Monday morning from Los Angeles.

"This morning in Pakistan they sentenced two people ... for an honour killing, so it's already having some sort of reverberations. What more can a filmmaker ask for?"

Obaid-Chinoy says she celebrated her Oscar win at an after-party alongside Leonardo DiCaprio and Ben Affleck, and chatted with Mad Max star Charlize Theron and Facebook chief operating officer Sheryl Sandberg.

But she's also drawn attention from world leaders, with Prime Minister Justin Trudeau tweeting his congratulations Monday and Pakistan's Prime Minister Muhammad Nawaz Sharif declaring in a statement that "there is no place for killing in the name of honour in Islam."

He said his government is in the process of developing legislation to stop the practice.

"Women like Ms. Sharmeen Obaid-Chinoy are not only a pride for the Pakistani nation but are also a significant source of contribution toward the march of civilization the world over," Sharif said.

Rights groups estimate that about 1,000 Pakistani women are killed every year for "bringing shame" to their families.

The killers are rarely prosecuted, because Pakistani law allows suspects to avoid punishment if they are forgiven by the family of their victims, a provision based in Islamic law.

A Girl in the River is the latest in a series of socially charged investigative films from Obaid-Chinoy's Karachi-based film company SOC Film. She also won an Oscar in 2012 for the documentary short Saving Face, about acid attacks.

Obaid-Chinoy, a dual citizen who lived in Toronto from 2004 to 2015 and now lives in Pakistan, says Canada has had a big influence on her work.

"I have always admired Canada's long standing human rights and recently how Canada has handled bringing in the refugees and the resettlement process," she says.

A Girl in the River: The Price of Forgiveness is set to air on HBO Canada on March 7.

THE CANADIAN PRESS


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# REPLICATE TOP FASHION

How creative could you get with materials such as craft paper, cardboard, coffee filters, tape, thumbtacks, tissue, wire, glue, metallic pens and twine? If you were a student of Langara College's design formation program, you would be able to replicate dresses by fashion powerhouses such as Alexander McQueen and Chanel. That's because, as part of a first-year course called retail visual presentations, students in the two-year offering learn about prop building, aesthetics and creative problem solving by recreating designer dresses — only using these everyday materials.

"The range of techniques these students used is overwhelming, the exploration of materials is fantastic and the variety of dresses is mind blowing," says Kevin Smith, who teaches the course and oversees the Brown Paper Couture Project. With 26 dresses in this year's collection, Smith says designs include long gowns, vintages looks and contemporary pieces. The students, he says, spared no effort to ensure their projects stood out.

"When you see a dress with ostrich plumes that are made from over 400 coffee filters then you'll understand what I am talking about," he says of students' dedication.

The Brown Paper Couture Project is now on display at Langara and will be available for viewing at Oakridge Centre in mid-April.

The design formation program merges the design disciplines of spatial formation and communication design. Program information sessions will be held on March 1 and 22. For more information, visit langara.ca/design-formation.

CONTRIBUTED

# NYIT's global campus reflected in faculty

The New York Institute of Technology (NYIT) prides itself on being a global campus with locations in Vancouver, New York, China and Abu Dhabi, among which students can transfer, and by exposing them to international guest lecturers. This approach to education is also reflected in the school's faculty.

Leo de Sousa teaches a course on information security risk and legal issues in NYIT Vancouver's master of science in information, network, and computer security program. Born in Hong Kong, of Goan descent and having moved to Vancouver as a child, de Sousa has worked and lectured in North America and the United Arab Emirates. He says bringing a global perspective to teaching is essential.

"I am proudly Canadian but it isn't just the Canadian context I have," he says. "My global experience is practical and I can bring it to my teaching by offering students real world examples they will relate to."

In a school that attracts international students, having worked or taught abroad gives faculty the opportunity to better relate to students as well, says de Sousa, who has been teaching at NYIT since January 2015.

CONTRIBUTED

"You get to engage with students and understand their perspectives. The real interesting part is getting them to understand the North American perspective," he says.

In addition to teaching at NYIT, de Sousa is also the senior manager of technology planning for the City of Vancouver.

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| **English as an additional language**<br>Thursday, March 3, 10:30 a.m. – room 1206 | Broadway |
| **Access to careers and education**<br>Monday, March 7, 11 a.m. – room 236 | Downtown |
| **Administrative assistant**<br>Monday, March 7, 4 p.m. – room 622 | Downtown |
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ISTOCK

# MORE THAN JUST CLEANING TEETH

If you think being a dental hygienist just involves cleaning and polishing teeth, think again, says the department head of the dental hygiene program at Vancouver Community College (VCC).

"It is more than just learning to pick teeth," says Denise Beerwald of the two-year program, which integrates the entry-to-practice national and provincial standards and the national competencies into its curriculum to prepare students for the entry board exam, which they must pass to practice. "Oral care covers a broad spectrum and you also need to have the people and communication skills, and emotional IQ to deal with diverse populations."

Because the offering is a health-care program, it is intense and the workload is heavy, says Beerwald. To ensure students have the necessary skills to succeed, the VCC program covers foundational knowledge of dental hygiene theory and practice, critical thinking, professionalism and the promotion of health and wellness. The curriculum also includes the latest trends in health care.

"Students learn from and about other professions because inter-professional communication is a new and important element to Canadian health care," says Beerwald. "If the independent professions don't communicate, patient outcome is not good. So, during community rotations our students are sent into different scenarios in which they communicate with other professions while providing oral care in settings such as seniors homes and daycare centres."

Because hands-on learning is a key component of the dental hygiene program, Beerwald says it is weaved in throughout the courses in various ways. Students also start out by practicing on mannequins before moving onto their peers and then the general public through VCC's dental clinic and the Lower Mainland community.

"In the clinic, we are providing a great service. All people need is time, but they get great care. We have even found oral and skin cancer in people. It's rewarding for the students and faculty," says Beerwald. "We've also worked really hard with the community to ensure we have created strong partnerships for the students to complete their community rotations."

The application deadline for the dental hygiene program's next intake is March 11. For more information, please visit vcc.ca/dental.

metro SPORTS

"No pain, no problem at all": Rangers ace Yu Darvish after throwing from a full-sized mound for the first time since elbow surgery

# Hamhuis, Vrbata stay put

CANUCKS

## Blue-liner was willing to be traded to Dallas or Chicago

Cam Tucker
Metro | Vancouver

The NHL trade deadline came and went, and Dan Hamhuis, the biggest chip the Canucks had in play despite his no-trade clause, remains in Vancouver.

A pending unrestricted free agent, Hamhuis became open to the possibility of moving to a contending team at the deadline. By 12 p.m. PT, reality set in for an alienated fan base that the 33-year-old left-shooting defenceman was staying put.

Reports circulated all morning that the Dallas Stars were interested. The Chicago Blackhawks were in play. Boston was reportedly gearing up to try to land the blue-liner.

In the end, Canucks management couldn't complete a deal, even though Hamhuis was willing to be traded to two contending teams in Dallas and Chicago.

General manager Jim Benning said the Stars "circled back" with the Canucks toward the end of the deadline but the offer "didn't make sense" from a Canucks standpoint, he said.

"Maybe frustration. We tried hard to give our players an opportunity to go to a winning team," is how Benning summed up the day.

**Despite having a no-trade clause in his contract, Dan Hamhuis was open to being traded by the Canucks.** CLAUS ANDERSEN/GETTY IMAGES

"The other part, from an organizational standpoint, it would've been nice to recover some picks for them."

Hamhuis stays. So, too, does winger Radim Vrbata, another pending unrestricted free agent with a modified no-trade clause.

The Canucks now risk losing Vrbata and Hamhuis for nothing in free agency.

Hamhuis, who is from Smithers, B.C., admitted staying in Vancouver was his No. 1 priority, but he had opened up to the idea of being traded. He was not willing to move to the East.

The Canucks requested a list of eight teams Vrbata would approve a trade to, but management didn't receive any "concrete" offers for the scoring winger, said Benning.

Benning confirmed the Canucks were willing to retain salary on both Hamhuis and Vrbata's contracts, which account for a total of $9.5 million against the cap.

Adding to the mood in Vancouver is the fact the Calgary Flames sent defenceman Kris Russell to the Stars for defenceman Jyrki Jokipakka, prospect Brett Pollock and a conditional second-round pick in 2016.

Benning said it was "fair" to say the Stars chose Russell over Hamhuis.

**FINE PRINT**

The conditional draft pick the Flames received from the Stars becomes a first-round pick if Dallas reaches the Western Conference final and Russell plays 50 per cent of the games in the first two rounds.

## Cracknell claimed off waivers

A day after being put on waivers by the Vancouver Canucks, Adam Cracknell was claimed by the Edmonton Oilers.

A journeyman forward that has split time between the NHL and minors over the years, Cracknell, 30, signed with the Canucks late in the summer for a cap hit of $575,000, as per General Fanager. He hit career highs in numerous categories, including games played (44), goals (five) and points (10).

**Adam Cracknell** GETTY IMAGES

A Victoria native, Cracknell got to live the dream playing for the Canucks after stints in St. Louis and Columbus throughout his career. He made the Canucks out of training camp and played predominantly in a fourth-line centre role.

He played in Sunday's loss to San Jose, ringing a shot off the cross bar in the third period. Had he scored, that would've given him goals in three consecutive games.

"I came in with this attitude of making this team and being 30, I think it was my last chance to really prove myself I could play in this league. Vancouver gave me the opportunity to do that," he said.

"It was a dream come true to be a kid from Victoria, play for your home city, your home province." CAM TUCKER/METRO

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# Travis tougher after layoff

## IN BRIEF

**Jays' minor league pitcher banned for failed drug test**
Toronto Blue Jays minor-league pitcher Andrew Case has been suspended 50 games for failing to take a drug test in accordance with minor league baseball's drug policy, the Associated Press reported Monday.

From Saint John, N.B., the 23-year-old Case has spent each of the past two seasons with the Vancouver Canadians short-season Single-A team. CAM TUCKER/METRO

**All-star Desmond signs for Texas, will play left field**
Ian Desmond started his transition from one-time all-star shortstop to everyday left fielder with the Texas Rangers on Monday, when he signed his $8 million, one-year contract with the AL West champions.

Desmond played shortstop throughout his seven major league seasons, all with the Washington Nationals. The 30-year-old was an all-star in 2012 but has started only one of his 927 career games in the outfield. THE ASSOCIATED PRESS

**LeBron rejuvenated in return to Cavs lineup**
LeBron James scored 33 points after sitting out a game, leading the Cleveland Cavaliers to a 100-96 win over the Indiana Pacers on Monday night.

The Eastern Conference-leading Cavaliers are 2-1/2 games up on the Toronto Raptors. THE ASSOCIATED PRESS

MLB

## Blue Jay says mental stamina key to shoulder injury recovery

Devon Travis took the field with his Toronto Blue Jays teammates for a pre-game stretch Monday morning. When he returned to the clubhouse, he was smiling from ear to ear.

Travis didn't play in the late-morning intrasquad game — he won't see any action for at least another month due to off-season shoulder surgery — but just being on the field was enough for him. "I'm finally getting the smile back on my face and that's a good thing," Travis said.

The second baseman missed 100 games with the lingering shoulder injury last year in his rookie season.

What started as a sore left collarbone for the 25-year-old after being hit with a blocked liner off the bat of Cleveland's Brandon Moss in May spread to his shoulder and turned into a months-long issue for Travis, who underwent two separate surgeries to repair it.

"Never would've thought that would lead to all this," Travis said. "It's tough, it's so tough. That's the best way to put it — it's just been so tough. But through all of this I learned that you have to be real mentally strong to play this game."

"I got tested often mentally more so than physically. I know the shoulder will eventually get right but the hard part is to mentally continue to stay with it. Now I'm just trying to do the best I can to bring energy every single day and keep this smile on my face."

His first surgery, in late September, removed a cyst, cleaned up the area and poked around to make sure there wasn't any further damage. The second operation, in November, placed two screws in his shoulder blade.

The timing of his first procedure meant Travis had to watch Toronto's post-season run from his couch in West Palm Beach, Fla.

"That was the toughest part of the whole thing — the mental part of thinking what could have been," he said. "The team is having all this success, the city's on fire, the stadium is packed. I just wanted to be there so badly and be a part of that.

"Playoffs is what the game's about, and I was stuck sitting home on my couch watching like a fan boy." Travis began last season on a hot streak, winning AL rookie of the month honours for April after hitting .325 with six home runs and 19 runs batted in.
THE CANADIAN PRESS

## TRAINING

Chris Colabello hit a two-run homer and drove in four runs as the blue team topped the grey 7-1 in the Toronto Blue Jays' intrasquad game Monday.

Colabello drove in the game's first two runs with a double off grey starter J.A. Happ in the first inning. He pitcher Pat McCoy deep in the third.

Justin Smoak, Junior Lake and Ryan Goins also drove in runs for the blue team. THE CANADIAN PRESS

**Injured Devon Travis** still has at least a month to wait before he can return to action.
THE CANADIAN PRESS/JONATHAN HAYWARD

CFL

## Lions president to take different role

Cam Tucker
Metro | Vancouver

B.C. Lions president and CEO Dennis Skulsky is stepping away from his position to take the role of vice-chairman with the team, the local Canadian Football League team announced Monday.

He'll begin his new role effective April 1.

According to the Lions, Skulsky informed owner David Braley of his intentions to enter semi-retirement. Despite taking moving into a new position with the team, Skulsky will still represent the Lions on the CFL Board of Governors and numerous league committees.

Skulsky joined the Lions in 2010. "After 43 years of full-time employment, the time has come to step back and spend more time enjoying life with my wife, family and grandchildren," said Skulsky in a statement.

**Dennis Skulsky** CONTRIBUTED


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# RECIPE Curried Pumpkin Soup

PHOTO: MAYA VISNYEI

**Ceri Marsh & Laura Keogh**
For Metro Canada

This warm and rich soup with its comforting hug of pumpkin will make it fine for you to wait another month or so for BBQ season.

**Ready in**
Prep time: 10 minutes
Total time: 40 minutes
**Serves 4**

**Ingredients**
- 1 or 2 glugs of olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 tsp ginger, minced
- 1 tsp cumin
- 1 tsp ground coriander
- 1 tsp curry powder
- 1 tsp salt
- 1 can of pumpkin purée (14 oz)
- 2 cups low-sodium vegetable or chicken stock
- 1 cup water
- 1 can of coconut milk (14 oz.)

**Directions**

**1.** Warm olive oil in a large pot over medium heat. Add your onions and garlic and cook until they begin to soften. Now add all of the spices. Stir into the mix and let them cook for a few minutes.

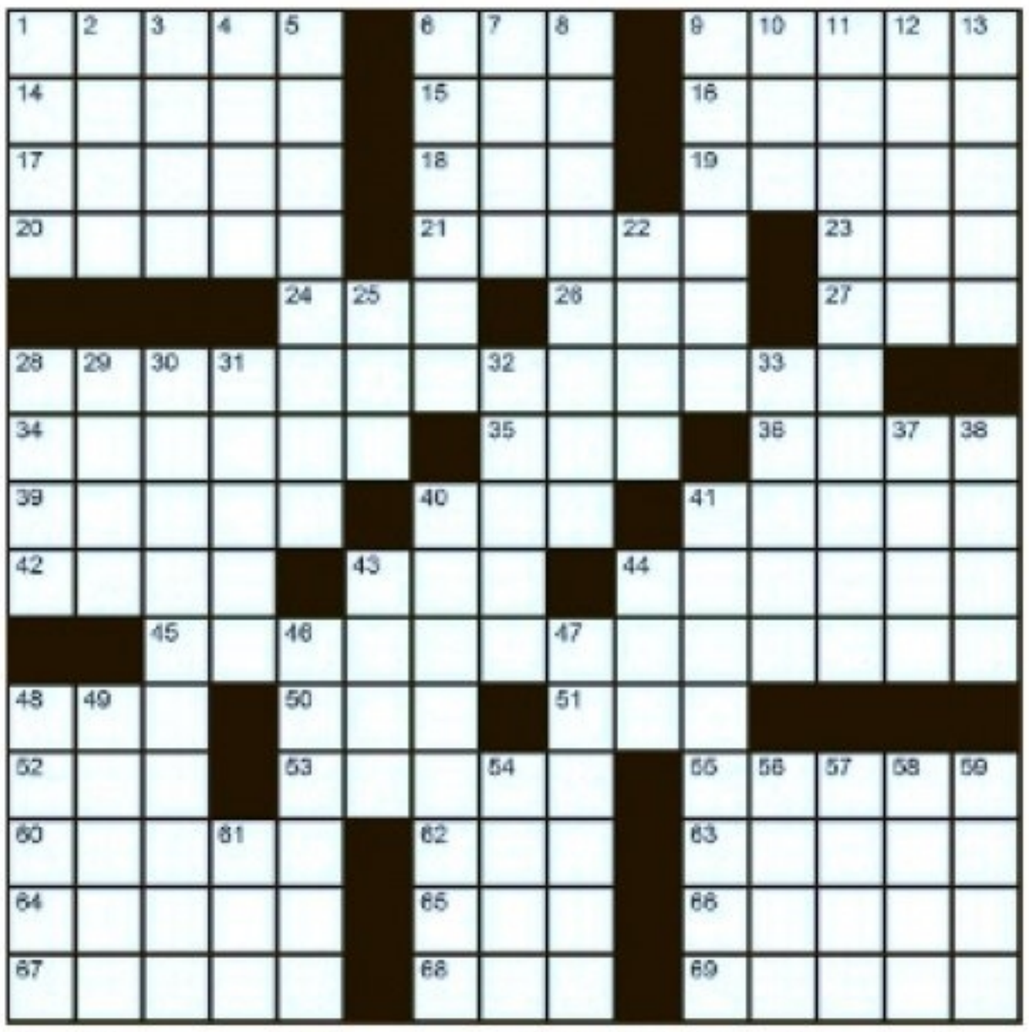
**2.** Add pumpkin purée to the pot and give it a mix with the onions and spices. Now add the stock, water and coconut milk. Let simmer for about 20 minutes, stirring occasionally. Don't let it get too hot or the coconut milk may split.

**3.** Turn off the heat and allow the soup to cool a bit before either putting it into the blender in batches to purée or just giving a whiz with a immersion blender. Warm again and serve.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



**ACROSS**
1. Lily varieties
6. Adobe file ending
9. Jason of "American Pie" (1999)
14. Anger
15. Hugs, greeting card style
16. Pursuit of Happiness' "I'm an __ Now"
17. "Sweet Love" singer Ms. Baker
18. "Voices Carry" by '__ Tuesday
19. Dinner-and-a-movie attendee, perhaps
20. "Nessun Dorma" voice
21. __ socks
23. Flight watchdog org.
24. + [abbr.]
26. Don't share any of it
27. Halt
28. Current flick about a British ski jumper who competed in Calgary's 1988 Winter Olympics: 3 wds.
34. Ms. Wiest of "Footloose" (1984)
35. Strong-__
36. Jackie Kennedy's designer Mr. Cassini
39. __ __ the desert
40. Gone by
41. Deuce-ace
42. Alike
43. Snacked on snacks
44. Shannen's role on the show Tori also starred on
45. Mark Messier, as a Stanley Cup champion in 1994: 3 wds.
48. __-12 Conference
50. Alteration site
51. Many a moon
52. Lanois' U2 co-producer
53. "All joking __..."
55. Incisions
60. Yorick, in Hamlet
62. Nuke
63. Resist the oppressers
64. "__ Coins in the Fountain" (1954)
65. Outback creature
66. Off-white
67. "Melrose Place" star Rob
68. Classified Ad Sales __ (Newspaper job)
69. Photocopy

**DOWN**
1. Armoured police team letters
2. White-tailed sea bird
3. Acquire
4. Norwegian who explored the Canadian Arctic, __ Sverdrup (b.1854 - d.1930)
5. 'Pointifies' pencils
6. __ Corporation (Saskatchewan fertilizer company)
7. Bump off: 2 wds.
8. Paul Bunyan, for one: 2 wds.
9. Horrible human: 2 wds.
10. Mount __ (Peak of Crete)
11. Instinctive hunch: 2 wds.
12. Collect
13. Prized violin, e.g.
22. Rich earth
25. 'Capri' suffix
28. Old Icelandic literary work
29. Actor Mr. Bogarde
30. Opportunity to state one's case: 3 wds.
31. Ludicrous
32. Gung-ho
33. Oscar-winner Sophia
37. Michael __ (The Neverending Story author)
38. Stuff
40. Mist-making perfume bottle
41. Fascinate
43. Seafaring 'sures'
44. Sibling to sis'
46. Blues and Belugas
47. Don't lose pace: 2 wds.
48. Plague, in Paris
49. Crosses of ancient Egypt
54. Helen Mirren's title
56. Exist
57. Prince __ (Alexander Borodin opera)
58. Via, to a poet
59. Charon's river in ancient Greek mythology
61. Michele of "Knots Landing"

# IT'S ALL IN THE STARS by Sally Brompton

**Aries** March 21 - April 20
You've come to the conclusion that there are too many things going on in your life and too many people who have a claim on your time and your energy. Perhaps you should just disappear for a while.

**Taurus** April 21 - May 21
The changes taking place around you are for the best in the long-term. If anyone tells you that it is all going to fall apart, demand to see the evidence. Chances are it doesn't exist.

**Gemini** May 22 - June 21
Believe in your own ideas and don't be afraid to stick out your neck and take a risk or two. You're on the right track, and what you are working on is meaningful.

**Cancer** June 22 - July 23
It will be easy for you to approach people in positions of power now, but you must not waste their time. Your proposal must be thought out because they won't be impressed if there are holes in your ideas.

**Leo** July 24 - Aug. 23
Ask yourself what you can do to help others. Time spent helping friends and coworkers will not be time wasted and your kind words and good deeds will have a ripple effect.

**Virgo** Aug. 24 - Sept. 23
You're too close to something you're working on and because of that you can't see its faults. Listen to advice from those who have done it before you. Learn from their mistakes.

**Libra** Sept. 24 - Oct. 23
It's good of you to think of others and to want to help those in need but you have only so much time and energy at your disposal, so put your own needs first for a change. There is such a thing as compassion fatigue.

**Scorpio** Oct. 24 - Nov. 22
Let partners make their own decisions and they'll discover just how difficult it is being in your position. They may, of course, cope well and decide they don't need you any more, but that's unlikely.

**Sagittarius** Nov. 23 - Dec. 21
Make new friends. Someone you meet will open your mind to new possibilities but don't let it open so far that you lose touch with reality!

**Capricorn** Dec. 22 - Jan. 20
If you want something enough you will get it. Money matters are under excellent stars at the moment, so consider taking a risk, even if everyone around you is telling you to stick with what you know and trust.

**Aquarius** Jan. 21 - Feb. 19
The closer you work with others over the next few days the more likely it is you will share in something that brings benefits to everyone. By pooling your efforts you will each enjoy bigger rewards.

**Pisces** Feb. 20 - March 20
Find yourself a place where you can be alone with your thoughts. The more you contemplate the meaning of life the more life will mean to you.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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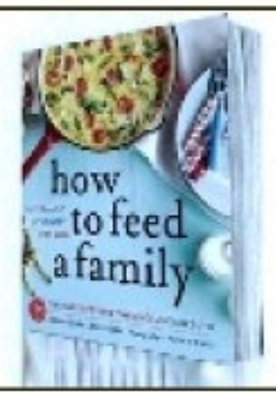


## YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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